

The Walking Club

www.murray.utah.gov 801 264-2614



What is the Walking Club....

The Walking Club is a program that promotes community wide walking. Here's your chance to get healthy while walking on pre-determined courses throughout Murray City. If our scheduled walking days don't work for you, then you can also walk on your own and report your progress. The walking club makes exercise accessible, fun and no longer intimidating for all men and women residents regardless of their existing level of fitness. The goal is to build a healthy community. This program is for everyone and all ages. You can register anytime for the program.

Dates: May 6-August 31
Days: Mondays 6-7 pm, Wednesdays 6-7 pm, Thursdays 9-10 am
Saturday mornings 9-10:30am
(Guided group walks on Sat. Only)
Cost: \$25 per person, (Includes T-shirt, and Pedometer)
Register: Murray Parks and Recreation 296 East Murray Park Avenue,
The Park Center 202 East Murray Park Avenue or online at
www.mcrcg.com with a pin number and barcode. These can be
obtained by calling the Recreation office at 801 264-2614!

Features of the Walking Club...

- Weekly walks on five predesigned courses with mileage throughout the Murray City Parks system.
- Determine your step stride and how many of your steps constitutes a mile.
- Tips and motivation
- Opportunities to meet new people and social interaction.
- Body measurements to check progress
- Tracking weekly progress.
- Incentives to keep you walking.
- Free clinics and seminars

Benefits of walking include.....

- Improves Cardio fitness
- Strengthens bones
- Lowers Blood Pressure
- Burns body fat
- Increases your energy
- Controls your appetite
- Helps to relieve Stress
- Slows aging
- Lowers Blood Sugar
- Reduces Cholesterol
- Strengthens muscles
- Promotes restful sleep
- Elevates Mood
- Promotes weight loss



Walking Club Kickoff meeting will be held on
Monday, May 6, 2013, at Pavilion #5 in
Murray Park at 6:00 pm. All participants
should attend to pick up their packets and
general overview of the program and have
your walking gait measurement taken.

Walking Club Registration (one form per person)
296 East Murray Park Avenue, Murray, UT 84107

Name _____ Phone _____ Adult/Youth (Please circle One)

Address _____ Zip Code _____

If youth, please complete Mother and Father information

Mother's Name _____ Phone _____ Cel Phone _____

Father's Name _____ Phone _____ Cel Phone _____

Email _____

T-Shirt Size: (Please select your size)

___YS ___YM ___YL ___AS ___AM ___AL ___AXL ___AXXL ___AXXXL

LIABILITY RELEASE AND PERMISSION TO PARTICIPATE

In consideration of the acceptance of my application for the above activity, I hereby waive, release, and discharge any and all claims for damages for death, personal injury, or property damage which my child may have, or which may hereafter accrue as a result of participation in said event. It is understood that some recreational activities involve an element of risk or danger of accidents, and knowing those risks, I hereby assume those risks. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I have read and understood the foregoing registration, liability release, and agree to all of their terms and conditions.

Participants/Parent/Guardian Signature _____

Date _____

Date _____ Staff _____
Amount _____
CK ___ CC ___ Cash _____